

D-book

A Guidebook for
Discipleship
Journey

Sample

D-Book

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Interior design by Nicole Berry and Kristin Jenson. Edited by Great Lakes office team.

Printed in the United States of America

Two thousand years ago men and women of all ages and economic backgrounds left everything behind to be the disciples of a Jewish carpenter from a small rural town. They embraced him as teacher and master at the cost of relationships, material possessions, and for many, even their very lives. In return, they gained fellowship with the living God who walked among them.

Today, millions of people of all ages, races, ethnicities, and economic states follow the risen Christ. They continue to give up everything for the simple privilege of knowing *him*. You can be a member of Jesus' school of disciples by simply getting up, leaving everything, and following him.

We pray that the Holy Spirit will use the D-book in your life as you too begin this journey of discipleship. It is a journey filled with joys, sacrifices, difficulties, persecutions and trials, but oh, the reward—to know him, to walk with him, and to share in his mission to the world! The reward far outweighs the cost.

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Discipleship is...

“Walking as Jesus walked.” It is a lifelong journey of love and obedient service to the one who loved you first. On campuses all around the world, students are gathering in discipleship groups: studying the Bible, praying together, and sharing their lives. You are about to become a part of this great movement. So...

... Get ready!

Get ready to share your heart on a level you have never shared before. Get ready to receive insights and practical instruction from the Bible like never before. Get ready to build deep and lasting friendships with your group members and leader. These relationships, rich with Bible-centered discussion, are a major tool God will use in your life to mature you spiritually (Heb. 10:24). Yes, joining a discipleship group is a big commitment, but it comes with great rewards!

... Get humble!

Why are you joining this group? The answer to that question will affect your experience in the upcoming semesters. One of your answers should be something like this: “I want to become a mature Christian, bearing much fruit for the glory of God! I want to bear the fruit of the Spirit in my character! I want to help others find Christ and mature in their faith too (i.e., becoming a disciple-maker)!” If this is not the genuine cry of your heart, ask God to change you. You will be challenged, and at times you may be tempted to be offended. Humble yourself, and the Lord will lift you up to the standard He calls you to in His Word (Heb. 12:5, 2 Tim 3:16-17).

... Go change the world!

God designed you to be a world-changer, just like Jesus is! Jesus changed the world by investing large amounts of time in small numbers of people. Now, it's your turn.

A Guide on the Journey

The D-book is a guide for discipleship. You will read it on your own in preparation for your discipleship group meetings. Each chapter will take about 2-3 weeks to complete, depending on how many supplemental questions there are. Don't be in a hurry and race through. The D-book is simply a guide for the journey; it is not *the* journey.

What's in the D-book?

Objectives

Before each lesson you'll find targets that your group should be aiming to achieve through your study of each chapter.

Memory Verses

Memorizing and meditating on the Word of God is critical to discipleship. God uses His Word to change you. Memorizing scripture weekly will help you develop a lifelong habit of integrating the Word into your life! At each group meeting, you will recite two memory verses from the D-book. You should be able to recite them without pauses or mistakes and share insights the Lord has given you. This will be possible if you meditate on your verses throughout the week. Your group leader will help you grow in this area.

Prayer Practice

Each chapter includes a short description with instructions on an element of prayer that you can practice alone and with your group.

Pre-work

These are Bible studies you will work on alone and then discuss with your group. Each chapter includes lessons from the Purple Book. Some D-book chapters include additional pre-work. Your leader will assign the pre-work to be completed before your next meeting. Always write down questions or comments in the margins so you can get the most out of your group time.

Note: Your leader will not necessarily cover every question in the pre-work. The pre-work is meant to prepare you for deeper discussion and reflection.

Your leader will choose several questions to focus on as well as asking deeper questions inspired by the Holy Spirit.

Real Life Application

These assignments will help you live out the material you study so you can be a *doer* of the Word! Each lesson has several suggestions. You don't have to do them all, but you can if you are ambitious.

Talk with your leader and group to choose the ones which will help you grow the most. Some may deeply challenge you, but if you will be vulnerable and courageous, God will use these assignments to develop maturity in you.

Additional Resources:

A list of additional resources is included in each lesson. These are only suggestions if you are interested in pursuing a topic further on your own. Occasionally your leader may assign an additional article, podcast, or chapter from a book. This will be rare, and the decision to study further will be yours.

Notes:

Commitment and Accountability:

Discipleship is a voluntary commitment on your part. By choosing to participate in discipleship, you agree to:

- Honor your leader (Romans 13:7)
- Meditate on and memorize scripture verses each week (Josh 1:8)
- Complete the assignments given with excellence and a listening ear to the Holy Spirit (John 14:26)
- Love your fellow disciples and share life together (Heb. 10:24)

If you are faithful to do the above, with a cheerful heart, you will receive great rewards from the Father, including maturity in your faith and ability to lead others into maturity in their faith, thereby bringing glory to God!
(John 15:8)

By choosing to participate in discipleship, you are also inviting accountability in your life, which means you agree to:

- Attend every meeting (which includes arriving on time)
- Recite your memory verses with excellence and share insights the Lord has given you
- Complete all assignments

Failure to complete any of the above will result in a warning. If you repeat the infringement, you will be asked to leave the group. (Remember, discipleship is a voluntary commitment on your part. Your group will get more out of it if everyone is equally committed.)

Forming Your Group

Objectives

- ✓ Get to know one another
- ✓ Catch the vision for discipleship
- ✓ Set up regular & alternate meeting times

Discipleship Dinner!

Once you have a group of committed disciples, arrange a group dinner (or some other meal) to get acquainted with one another. Everyone can share their testimony of how they came to know the Lord. Everyone should look over the D-book and Purple Book beforehand and bring their schedules with them.

Vision for Discipleship

Discuss the vision for discipleship. If your campus pastor did not have a preliminary large group gathering to cast the vision for making disciples and share the expectations of a disciple, do so now.

Visit <http://www.greatlakesxa.com/d-book/> for a podcast of this message.

Discipleship Commitment

Are you ready to make the following commitments?

- ✓ **Weekly group meetings:** Set up a weekly time and place to meet for about an hour and a half when everyone will be free. This meeting is mandatory. Reasons that will **NOT** excuse you from missing your group include oversleeping, doing homework, working out, forgetting, going home voluntarily, picking up an extra shift at work, etc. If you have an exam at that time, are too sick to go to class, or are required to be somewhere by your parents, professor or employer, you can request that the group meet at the alternate time that week.
- ✓ **Alternate meeting time:** Set up an alternate meeting time when everyone will be free. If your group has to reschedule last minute, you will know that everyone will be available.
- ✓ **Monthly evangelism:** Set up a monthly time you and your leader can share the gospel through various evangelism methods. These times are important to keep your group from becoming too inward-focused! Discipleship begins with the lost!
- ✓ **Retreat/Getaway:** Some groups or states provide a special getaway retreat for those in discipleship groups in order to deal with deeper issues such as inner healing and growing in the Father's love. Your attendance may be a requirement. Ask your group leader for more information.

Set Up a Meeting Time

We will meet weekly on _____ from ____:____ to ____:____
@ _____.

Our alternative meeting time will be on _____
from ____:____ to ____:____ @ _____.

I will meet with my leader monthly _____ from
____:____ to ____:____ for evangelism.

Prayer Practice

Read Together

Prayer is verbal and non-verbal communication with God. It involves your whole being: heart, soul, mind, and strength. In prayer, your spirit connects to God. "God is Spirit and his worshipers must worship in Spirit and in truth" (John 4:24). There are three main reasons why you pray: **to commune with God, to intercede for the needs of others, and to practice for a life of prayer.**

Through prayer you **commune** with God. Through this fellowship your spirit is strengthened. Yet, you should not pray to be strengthened but to enjoy the fellowship with God that the cross has provided. Fellowship with God is the purpose; everything else is simply a byproduct.

Intercession is standing in the gap between God and the world. It is sharing in the ministry of Christ and the burden of the Father. Prayer that does not include intercession is not fellowship with God. We must love what he loves in order to fellowship with him.

Through prayer you **practice** spiritual living. The Christian life is a life lived *with* God. You dwell in him (Ephesians 1:13) and He dwells in you (John 14:23). This is a supernatural relationship in which the life of God flows through you, providing everything you need (John 15:1-8; 2 Peter 1:3). The skills of supernatural living such as hearing God's voice, living in self-denial, magnifying God, and many others are practiced in prayer. It is not only in your prayer time that you need to hear God's voice. You need to hear his voice throughout your entire day. This is *why* you practice listening. Expert athletes, musicians, and artisans achieve expertise *because* they practice. The greater their skill level, the more time spent in practice. In the same way you need to practice meditation, confession, submission, thanksgiving, etc. daily in order for these to become part of who you are.

It is important to remember that the main purpose of prayer and the Christian life is fellowship with God. While we may join with Jesus in intercession and practice life skills through prayer, these dwell within our desire to know the Father and to have fellowship with him. Prayer should never become about you, or even about the world. The focus of prayer and life is God himself.

As you begin this journey together with the Lord, take a moment to dedicate yourselves to the Lord and each other as you pray for one another.

Here We Go!

The first topic in D-book is called "Who is God?". It builds a foundation for the rest of your discipleship journey. Look up every Scripture, answer all the questions, and get ready to share what you have learned about our great God.

Who is God?

Objectives

- ✓ Understand the Father, Son, and Holy Spirit.
- ✓ Be able to explain the Trinity.

Lesson 1: Who is God?

1. What do the following Scriptures tell you about God?

Exodus 34:6-7

Psalm 24:1-2

Psalm 103

Psalm 139

Isaiah 6:1-3

Isaiah 43:10-11

Isaiah 55:8-9

Acts 17:24-26

1 John 4:8

2. Name three aspects of God's character and nature listed in the previous verses that are most meaningful to you.

Explain why.

3. How did Jesus teach His disciples to address God?
(Matthew 6:9)

7. Is it easy or difficult for you to call God “Father”? Why?

8. How do you think your relationship with your earthly father affects your view of God the Father?

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Lesson 2: Who is Jesus?

1. What do the following Scriptures tell you about Jesus?

Colossians 1:15

Colossians 2:9

John 1:1-3

John 1:14

Hebrews 1:3

Hebrews 4:15

Mark 1:40-41

John 11:39-44

John 17:21

Acts 10:38

2. How would you explain the fact that Jesus was both human and God? (Philippians 2:5-11)

3. The Hebrew Scriptures (the Old Testament) are filled with specific prophecies, or promises, regarding the Messiah (Greek: Christ, the anointed one). These prophecies date hundreds of years before Jesus' birth. The table below shows just a few prophecies and their fulfillment in the life and person of Jesus. The detail and accuracy to which Jesus fulfilled these promises is outstanding! Consider the following:

Topic	Prophecy	Fulfillment
Place of Birth	Micah 5:2 (700 B.C.)	Matthew 2:1
Born of a Virgin	Isaiah 7:14 (700 B.C.)	Matthew 1:18
His Triumphant Entry	Zech. 9:9 (500 B.C.)	John 12:13-14
His Betrayal	Psalms 41:9 (1000 B.C.)	Mark 14:10
His Rejection	Isaiah 53:3 (700 B.C.)	John 1:11
Crucified with Sinners	Isaiah 53:1 (700 B.C.)	Matthew 27:38
Pierced His Hands and Feet	Psalms 22:16 (1000 B.C.)	Luke 24:38-40
His Resurrection	Psalms 16:10 (1000 B.C.)	Luke 24:5-6

How does it make you feel that Jesus' life and work was promised for thousands of years?

4. What did you do to earn Jesus' death in your place?
(Romans 5:8)

5. What actually took place at the Cross? (Colossians 2:13-15)

6. Why is Jesus' resurrection the most important part of
Christianity? (1 Corinthians 15:17)

7. What proofs did Jesus give of his physical resurrection?
(Luke 24:39-43)

8. How did the Jewish leaders try to cover up the fact that
Jesus had risen from the dead? (Matt. 28:11-15)

9. What are the four main points of the gospel according to
1 Corinthians 15:1-5?

Lesson 3: Who is the Holy Spirit?

1. What do the following Scriptures tell you about the Holy Spirit?

Genesis 1:2

Psalm 139:7-10

John 14:16

John 14:17

John 14:26

John 16:8

John 16:13

Acts 5:3-4

Romans 8:16

1 Corinthians 2:11

2. When does the Holy Spirit come to live inside of a believer?
(Ephesians 1:13)

3. What kind of battle goes on inside every Christian?
(Galatians 5:16-18)

4. What will be the result as we yield to the Holy Spirit instead
of our flesh? (Galatians 5:23)

Lesson 4: The Triune God

God is one Being, yet 3 Persons: Father, Son, and Holy Spirit. In other words, God is triune. It defies human logic that God can be both ONE yet three at the same time. However, that is part of the grandeur of God—He is beyond our understanding.

1. What does Deuteronomy 6:4 say about God?

2. How do you see the Trinity expressed in the following Scriptures?

Genesis 1:26; 3:22

Matthew 28:18-20

Luke 3:21-22

John 14:26

John 16:15

2 Corinthians 13:14

Galatians 4:6

Ephesians 2:18

Ephesians 5:18-20

1 Peter 1:2

3. The Hebrew word for “God” in Deuteronomy 6:4 is “Elohim,” which is a plural word. How does that word express the essence of the Trinity in the context of that verse?

4. The Trinity can be difficult to understand. However, Scripture gives us insight as to how human beings, who are created in God’s image, are also triune beings. 1 Thessalonians 5:23 reveals that we are triune beings, (body, soul and spirit.) How could you use this verse to explain the Trinity to someone else?

5. Another example of being three yet one is how you are one person, yet you simultaneously walk in three different roles in life. For example, you might be a son, a grandson, and a brother—all at once. What are some other examples you can think of to help explain the Trinity?

Notes:

Sample

Sin and Salvation

chapter 1

Objectives

- ✓ Understand the gospel message.
- ✓ Be able to explain the gospel to someone else.

Memory Verses:

- Romans 3:23
- Romans 6:23
- Romans 10:9-10
- Ephesians 2:8-9

Prayer Practice

Meditation: The practice of integrating truth

Everyone meditates on something. The question is whether your meditation is constructive or destructive. Psalm 1 tells us that the righteous meditate on the law of the Lord day and night; they are nourished by it like a tree planted by streams of water.

Meditate on scripture to integrate truth into your life. Take a particular truth of Scripture or one of the above memory verses, and think about it over and over again. Let it cycle in your mind. Ask yourself questions about it (who, what, when, why, and how) to increase your depth and breadth of thought. Practice meditation during your times of prayer so that you are able to bring truth to the surface at any time of the day.

Pre-work

1. Complete Purple Book chapter 1 (pp. 11 to 20)

Real Life Application

- Ask for forgiveness from anyone you have sinned against in the past.
- Write a letter of thanksgiving to the Lord for salvation.
- Practice present the gospel next week to one of your group members.
- Ask a friend or family member, "Do you think it's possible to know God? How?" Listen carefully and share truths with them as the Holy Spirit leads you
- Your ideas

Additional Resources:

- The Pursuit of God (A.W. Tozer)
- Experience God (Henry Blackaby)
- Mere Christianity (C.S. Lewis)
- The Normal Christian Life (Watchman Nee)

Notes:

Sample